

## KNOWLEDGE LEVELS OF POLYCYSTIC OVARY SYNDROME (PCOS) AMONG FEMALE STUDENTS IN HIGHER EDUCATION

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### ABSTRACT

**Background:** Polycystic ovarian syndrome (PCOS) is the most common endocrine disorder in females, affecting women's menstrual cycles, fertility, and physical appearance. In this study, we aimed to examine the level of knowledge of PCOS and the factors influencing it among female students at a local university situated in Kuala Lumpur.

**Method:** This cross-sectional study was conducted on 183 female undergraduate students utilizing systematic random sampling. Knowledge of PCOS was examined using 20 questionnaires with Cronbach's alpha values of 0.88. Data were analyzed using Windows SPSS 26.

**Results:** The results showed that the majority of respondents had a mean age of 21.77 years (SD = 1.35) and a Body Mass Index (BMI) within the normal range (18.5 – 22.9). Most of the respondents (60.7%) had a moderate level of knowledge about PCOS. There was no significant association between knowledge of PCOS and age ( $p = 0.746$ ), BMI ( $p = 0.158$ ,  $F = 1.753$ ) indicating that the relationship was not statistically significant.

**Conclusion:** More than half of the respondents had a moderate level of knowledge about PCOS. One factor influencing this knowledge is that most respondents were non-medical students.

Keywords: Knowledge, Polycystic Ovary Syndrome, PCOS, Students.